



2016/2017

The Mustang Messenger

Newsletter #6 — 09/10/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
Oct 10	ALL	MMLAC
Oct 10	Field Sites for Parents	MMLAC
Oct 12	U11-U17	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 15th October

Program 1

NEXT LAWLA COMPETITION:

Bravehearts Challenge

Under 6's to Under 10's

Sunday 13th November 2016

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
METTAM	Set Up 6.30am
WATSON	Canteen 7-10am
?	Canteen 10am-1pm
WOODMAN	Shot Put Chief
KOTZE	Shot Put Helper 1
RANCATORE	Shot Put Helper 2
VAN DEVENTER	Shot Put Helper 3
?	Discus Chief
HOUGH	Discus Helper 1
LEONARD	Discus Helper 2
?	Discus Helper 3
?	High Jump A Chief
CLEMENSTON	High Jump A Helper 1
?	High Jump A Helper 2
?	High Jump B Chief
ABBOTT	High Jump B Helper 1
ROSS	High Jump B Helper 2
?	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



What A Start!

Even with all the rain that we had, it was great to see so many athletes and families show up on Saturday for our Opening Day.

The Mindarie Committee would like to thank all the families who completed their Rosters for us. Well Done, that's 1 out of 7 complete. J Also a massive WELL DONE to all of the athletes that ran in their first race or competed in their first event for the season. Hopefully next week will be dryer.

Club Photo - RESCHEDULED TO Sat 15th Oct 7.40am

MMLAC Officiating Info Session

All Parents are encouraged to attend Training on Monday 10th October as Matthew will be leading an Officiating Info Session for High Jump, Shot Put and Discus. These are the sites that Mindarie Mustangs have to manage for the 2016/2017 Season so these sessions will give you a very basic understanding as to the roles, responsibilities and rules associated with the events.

RLAC Officiating Course

Don't forget Ridgewood LAC are hosting an Officiating Course on Sunday 16th October from 8.30am for ALL interested members.

More in-depth from the MMLAC Info Sessions.

Referees/Key Officials are expected to attend. See Page 2 for more.

2016/2017 FEES

The 2016/2017 Registration Fees are \$175 per athlete, (U6 \$155) + \$25 Family Fundraising Levy.

Registration Payments can be made via Direct Deposit ONLY.

Direct Bank Deposits:

Mindarie Mustangs Little Athletics Club

BSB: 066-166

Account Number: 10-275-242

Reference: *Athlete's Name*

UNIFORM

Uniform consists of the Mindarie Mustangs Shirt or Singlet and Ridgewood/Navy Blue Shorts.



OR

\$30 T-Shirt

\$25 Singlet

Full Range of Ridgewood Uniform available from RLAC. Prices start at \$30

Go for 2&5[®]
2016 WA
ALL SCHOOLS



Friday 14th - Sunday 16th October 2016

Open to Athletes U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: WA All Schools Website





Ridgewood LAC Officials Course

Sunday 16th October 2016
Ridgewood Park, Ridgewood

These Sessions are provided by the Centre to assist all Parents so you are confident to run an Event Site.

If you have indicated to be a Site Referee, Key Official or a Parent Helper please come along and learn, as each year the Rules and Event Specifications change regularly from season to season.

Course Outline

8.30am Registration

9.00am Shot Put

9.30am Discus

10.00am Javelin

10.30am Tea Break

11.00am Long Jump

11.30am Triple Jump

12.00pm High Jump

12.30pm Lunch

1.00pm Walks

Notes:

Sessions will be short and informative to give you the ability to run a competition site at Centre or State level. If you wish to come for one discipline or all you are more than welcome.

Tea and Coffee will be provided, but no other catering, if you wish to come for the day please bring along your own lunch, drink bottle, etc.

2016-2017 Committee

President	Daan Nel
Secretary	Matthew Vine
Treasurer	Karen Swift
Registrar	Evyonne Nel
Recorder	Julie Vine
Fundraising	Louise Mann
	Caron Woodman
Coaching Team	Jeff Woodman
	Steve Moss
	Scott James

Mindarie Mustangs Parent Training Night

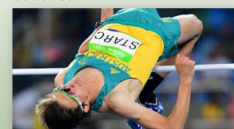
Monday 10th October

5PM - Abbeville Park, Mindarie

It's time for the parents to learn some new skills.

Join us on Monday for a basic understanding in how to coach, officiate and run the High Jump, Shot Put and Discus sites.

Athletes will have regular training program with Coaches.



Jetstar



Upcoming Courses

SKILLS CLINIC

16TH OCTOBER

U10 - U17 Jump Skills Clinic

**WHERE: Gerry Archer Athletics Track,
Belmont LAC**

\$25

**Click to
Register**

23RD OCTOBER

Introduction to Coaching Course (ATFCA)

8am-2pm

@: Arena Joondalup Athletics Track, Joondalup LAC.

\$70

**Click to
Register**

ONLINE LEVEL 1 OFFICIATING COURSES

Check out these opportunities

<http://athletics.com.au/Officials/Education>



The Australian Athletics Officials' Education Scheme (AAOES) is a joint initiative of Athletics Australia and Jetstar Little Athletics and provides a seamless and transparent education pathway for athletics Officials.

Click on the links below to find out all the information about how this could affect you.

[New Officials Information](#)

[Existing Officials Information](#)

Mindarie Mustangs Little Athletics Club

www.mindarielac.weebly.com

www.facebook.com/Mindarielac

mindarielac@gmail.com



Program 1

Oct 15th, Oct 29th, Nov 12th, Dec 3rd, Jan 21st, Feb 4th,
Feb 18th (Championships)



<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14-U17</u>
					1500m#	1500m#	1500m#	1500m#
Vortex	Vortex	Long Jump	800m	High Jump	Triple Jump	Discus	Shot Put	80-110m Hurdles *
Discus	Discus	Shot Put	Discus	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	Long Jump
200m	200m	60m Hurdles	60m Hurdles	Javelin	400m	400m	Long Jump	400m
100m	100m	200m	200m	400m	Javelin	Triple Jump	400m	High Jump
		100m	Long Jump	Triple Jump	100m	100m	High Jump	Shot Put
			100m	100m			100m	100m



Program 2

Oct 22nd, Nov 5th, Nov 19th, Dec 10th, Jan 28th, Feb 11th,
Feb 25th (Championships)



<u>U6</u>	<u>U7</u>	<u>U8</u>	<u>U9</u>	<u>U10</u>	<u>U11</u>	<u>U12</u>	<u>U13</u>	<u>U14-U17</u>
			700m Walk#	1100m Walk#	1100m Walk#	1500m Walk#	1500m Walk#	1500m Walk#
Shot Put	400m	400m	400m	Shot Put	Discus	High Jump	Javelin	Triple Jump
70m	Shot	Discus	High Jump	Long Jump	800m	800m	800m	800m
Long Jump	70m	70m	Shot Put	800m	High Jump	Javelin	Triple Jump	Discus
	Long Jump	Turbo	70m	70m	200m	Long Jump	200m Hurdles	200/300m Hurdles*
			200m	Discus	Shot Put	200m	Discus	Javelin
			Turbo	200m	Long Jump	Shot Put	200m	200m

* Hurdle Distances vary depending on Age and Gender

1500m and Walk Events held at 7.20am (Marshall at Announcer Tent)

***^Special Event Programs—Oct 8th [Opening Day], Nov 26th [Joondalup Challenge],
Dec 16th [Twilight] & Jan 14th [Multi Event]***

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